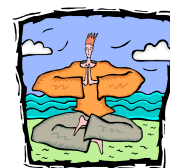




Yoga!



Bridgewater Recreation has teamed up with Gurukul, LLC! Teachers Manju Joshi, M.A. and Prashant Joshi, M.A., M. Phil. (Bridgewater residents) have been teaching Yoga since 1991. They have been ardent students of Yoga since 1984 and received their extensive Yoga training in India and the US. Manju and Prashant have been sharing the science of Yoga through their classes, workshops and one-on-one consulting engagements in public schools, universities, corporations, health-and-fitness centers and the community. They have received very positive feedback on their passion, commitment, patience and originality in their teaching.

The word Yoga, is a Sanskrit word, meaning harmony. Yoga is the time-tested, ancient body-mind science now widely used all over the world as preventive and curative medicine at physiological and psychological level. Yoga holds tremendous promise for all to take charge of their Health and bring true Happiness through Harmony!

Two free workshops for teens (16 & over), adults & seniors will be offered! Saturday, May 20th from 10:30am to 12:00pm and Saturday, June 24th from 4:30pm to 6:00pm at the **GURUKUL-Yoga Holistic Center** (1300 Prince Rodgers Ave). What to bring? Wear loose clothing, bring bath towel, your body with a light or empty stomach & the full mind, and a smile! No confirmations will be sent out, please keep top section of this form for information. Participants will only be notified if there is no space available. Consult with your Doctor if there are any health concerns before undertaking Yoga.

Space is limited, registration is based on a first come, first serve basis at the Bridgewater Recreation Department. If sessions fill, Bridgewater residents will be taken before Raritan residents. Only one session per participant. Twenty-five (25) spaces available per session.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the “REC” mailbox located around back of Municipal Building before or after office hours, or via postal service.

☞ *Look in the Bridgewater Recreation's Fall/Winter 2007 brochure for future programs to be run in conjunction with Gurukul, LLC!*

Sponsored by...
Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

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Bridgewater Recreation – Yoga

Cost: free!

Last Name: _____ First Name: _____

Mailing Address: _____ Town: _____ Zip: _____

Home Phone #: () _____ Work Phone #: () _____

Cell Phone #: () _____ Email Address: _____

Date Of Birth: ____/____/____ Age: ____ Grade: ____ Gender: **Circle** male or female

☒ only one Workshop per person: ☐ Sat., May 20 ☐ Sat., June 24

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Participant Signature (if not 18 years of age)

_____/_____/_____
Date